



Cinnamon Apple Raisin Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



494 kcal

DESSERT

Ingredients

- ☐ 0.5 cup apples dried chopped
- ☐ 1 tablespoon butter melted
- ☐ 2 tablespoons calvados (apple brandy)
- ☐ 5 cups raisin bread cubed () (12 ounces)
- ☐ 4 large eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon lemon zest grated
- ☐ 3.5 cups milk 2% reduced-fat

- ☐ 0.1 teaspoon grating nutmeg whole grated
- ☐ 0.5 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar

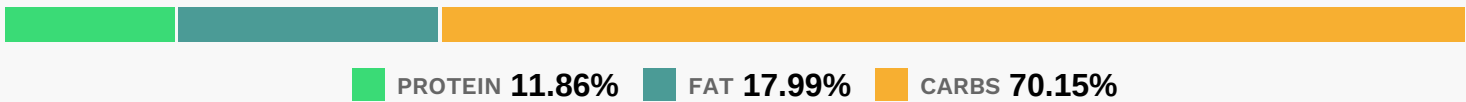
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Preheat oven to 32
- ☐ Combine raisins, dried apple, and apple brandy in a microwave–safe bowl. Microwave at high for 1 minute; cool.
- ☐ Combine milk, 3/4 cup sugar, lemon rind, melted butter, 1/2 teaspoon salt, cinnamon, nutmeg, and eggs in a large bowl, stirring well with a whisk. Stir in bread cubes and raisin mixture.
- ☐ Let stand at room temperature 15 minutes.
- ☐ Pour bread mixture into an 8–inch square baking pan coated with cooking spray.
- ☐ Bake at 325 for 50 minutes or until set.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:37.19, Glycemic Load:54.08, Inflammation Score:-6, Nutrition Score:17.054347587668%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 494.11kcal (24.71%), Fat: 9.99g (15.37%), Saturated Fat: 3.68g (23.03%), Carbohydrates: 87.66g (29.22%), Net Carbohydrates: 81.81g (29.75%), Sugar: 26.63g (29.59%), Cholesterol: 84.02mg (28.01%), Sodium: 605.3mg (26.32%), Alcohol: 1g (100%), Alcohol %: 0.5% (100%), Protein: 14.82g (29.63%), Selenium: 32.02µg (45.74%), Vitamin B2: 0.73mg (43.17%), Folate: 139.47µg (34.87%), Manganese: 0.65mg (32.55%), Vitamin B1: 0.45mg (30.08%), Phosphorus: 251.3mg (25.13%), Fiber: 5.85g (23.41%), Iron: 4.02mg (22.31%), Vitamin B3: 4.28mg (21.41%), Calcium: 193.21mg (19.32%), Copper: 0.28mg (14%), Potassium: 480.47mg (13.73%), Magnesium: 44.96mg (11.24%), Vitamin B5: 1.07mg (10.69%), Vitamin B12: 0.62µg (10.3%), Zinc: 1.53mg (10.2%), Vitamin B6: 0.16mg (8.23%), Vitamin A: 231.23IU (4.62%), Vitamin E: 0.61mg (4.09%), Vitamin D: 0.4µg (2.67%), Vitamin K: 2.5µg (2.38%), Vitamin C: 1.74mg (2.11%)